

THIS ISSUE

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Delta Digest

A MONTHLY PUBLICATION FOR THE PERSONNEL AND FAMILIES OF
NAVELSG PORT GROUP DELTA - CAMP ARIFJAN AND CAMP PATRIOT

It's Official! Delta is Mobilized

By Port Group Delta Commander John W. Perrett Jr., CDR., SC, USN - The time has finally arrived: The on-again, off-again mobilization that the Battalion has waited on for years, has finally arrived. Hooray!!!

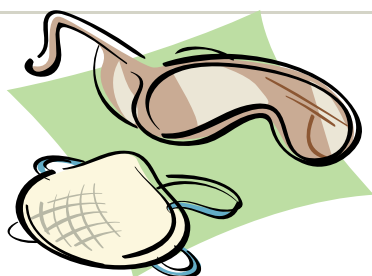
I realize the instability this created made it a very difficult period for the Battalion. I want to thank the Sailors, and especially their families, for their commitment and patience during this trying time.

The entire Group has much for which they

can be proud. Your conscientious advance preparations for this mobilization made processing through the Navy Mobilization Processing Site a breeze. Less than 2% of our personnel were restricted from traveling to this austere environment. This figure was more than twice as good as any previous Battalion.

This is likely to be this Command's ONLY full mobilization during our career; therefore, our performance during this period will follow this Command for years

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SAFETY WATCH

Got Heat Cramps? Symptoms include painful cramping and spasms of legs, arms and/or abdominal muscles. **Got Heat Exhaustion?** Symptoms include feeling tired, weak and dizzy; headache, nausea and possible vomiting. Heavy perspiration; skin feels moist. **Got Heat Stroke?** Symptoms include feeling tired, weak and dizzy. Skin feels hot and dry even under armpits; appears red and flushed. May become delirious and unconscious. This is a life threatening situation! Call 911.



Command Master Chief's Corner

CMDCM (SCW/FMF) Bill Plunk is the Command Master Chief all Forward NAVELSG personnel. He will be working with Forward Headquarters located at Camp Arifjan.

CO's Call continued

and will be something you can recall with pride and honor. Let's make some special memories.

Upon our mobilization to an active status, our Battalion has changed its identity. We are now known as Navy Expeditionary Logistics Support Group (NAVELSG) Port Group Delta. We are being augmented by extenders from Port Group Charlie, who we are relieving in theatre, and by active duty personnel from NCHB-1. Welcome to all new personnel! We look forward to serving with you.

Some of our personnel will actually be working on the staff of the NAVELSG Forward Headquarters, also located in Kuwait. The NAVELSG Forward HQ provides administrative control capabilities for our Port Group along with all other NAVELSG units located in Kuwait, Iraq, and Afghanistan.

By the way, to help instill pride in our new identity, some of our more creative shipmates developed the Delta Dogs insignia, shown on the front of the newsletter. Thanks SKC Aulsbrook! We have already received a lot of positive feedback on the insignia and the Command's esprit de corps.

Our plan is to transmit this

See CO's Call page 4

When we all began our careers in the Navy Reserve, we all pledged to put our families and personal lives on hold if, and when, the Navy "needed our services. That time is now upon us as we prepare for forward deployment.

Among the uncertainties are; what will I be doing; what will the working conditions be like; what will the living conditions be like; does it really get that hot?

All of you are trained to do your jobs commonly found in your respective ratings. The time we spend at Williamsburg, Va. will further prepare you for any additional training required to execute our mission in Kuwait. Some of you will work in familiar roles, while others may have the opportunity to learn new skills or tackle new roles. Whether working in familiar jobs or executing new skill sets, I'm sure all of you will perform in an exemplary fashion.

While the living conditions won't be opulent, everything necessary to live comfortably will be available. How comfortable your surroundings are, will depend largely to the small niceties. Anything you can do to provide small creature comforts for yourself will go a long way to making your stay more comfortable. Many of you will probably have the opportunity to acquire articles from the Sailors you are relieving that will help you do

just that.

"Does it really get that hot?" The answer is, Yes...and then some!

The most important thing you can do to improve your ability to work in the conditions we will face is to hydrate

regularly. As you were told during the briefings, you must take in fluids (water) all day long. If you are to the point where you cannot remember the last time you had to go to the head, you need to get some fluids into your body.

Again, little things to improve your comfort will go a long way to helping work in the heat. Pay attention to your co-workers and watch for anyone who looks like they are having problems with the heat. Don't hesitate to notify the corpsman or safety personnel if you think one of your co-workers is having problems with the heat. Remember, working safely in hot environments is everyone's responsibility.

I look forward to spending time with all of you during our stay in Kuwait. Together, all of us will develop new and deeper friendships during our time in there. I have no doubt that all of you will work towards accomplishing our mission in the safest, most efficient fashion imaginable. Take care, and enjoy our opportunity to serve our country and our Navy.

Remember, working safely in hot environments is everyone's responsibility."
CMDMC BILL PLUNK

HOT TOPICS: Special Interest News and Events



BRAVO ZULU to the following personnel who were selected for advancement:

BMCS David Liles
selected for Master Chief

BMC Glenn Bryant
selected for Senior Chief

In future issues we will list news and events happening at the various Camps where our personnel are working and living.

NOTICE: Birthdays and Special Announcements



MARCH BIRTHDAYS

RATE	LAST FIRST MIDDLE
SN	BOSCH, JENNIFER
BM2	BROWN, MARK G
SK1	DANIEL, SHERRI ANN
BM1	DAVIS, CASEY
BM3	DUCRE, DERICK
SK1	FLATT, RONNIE WAYNE
HM1	HAMILTON, MARY ANN
HM1	HARDIN, CANDICE JENENE
BM3	HARDY, COREY LAROME
BM1	JUTRAS, RANDALL
UT2	MARCOTT, DENNIS J
SK1	MOORE, LINDA GAIL
YN2	NIEHAUS, MICHAEL RAYMOND
BM2	QUINONES, ROBERT NMN
OS1	RASCOE, KERRY GENE
OS2	SMITH, BRIAN LEON
SK2	SUMMERROW, SHELIA

Managing Deployment

*Help for members and their families.
By SKC Howard D. Aulsbrook*

A deployment can be an emotionally trying time for everyone, especially children. When a loved one leaves, each person will cope and adjust differently. During this transitional

**“ Accept that you and your
Loved ones may have changed
During the separation
SKC HOWARD D. AULSBROOK ”**

period, you and your family may feel sadness, uncertainty, anger, resentment, loneliness and even depression. Communicating your feelings with your significant other or a close friend can help to alleviate the stress. The manner in which children respond will differ according to their age and level of maturity.

There are many ways to help maintain a sense of connection during the deployment. If possible, send photographs of a typical day to your family. They can also send you photos of their day, too. Start a collective letter with a paragraph and have your family or friends add a paragraph then send it back to you and continue this throughout the deployment. For children, you can write short notes and send them home for your spouse to put in their lunch or under their pillow. You and your family could each keep a journal sharing feelings and activities, then, once you return, you can review the journals with one another.

Upon return from deployment there can be feelings of nervous tension. You may wonder if your family still loves and needs you and they may have the same thoughts. Communication with each other is a good way to

manage the stress and readjustment. If you have children let them give and receive the attention before you and your spouse have your alone time. Accept that you and your loved ones may have changed during the separation and take the time to re-acquaint yourself with each other. Seek assistance if needed.

Professional counseling may be helpful if you or your loved ones are having problems dealing with the emotions and stress of deployment. Contact the nearest Fleet and Family Support Center or Navy One Source for free professional counseling services. Navy One Source may be reached on the web at navyonesource.com, or by calling 800-540-4123 in the US, 800-5404-1233 from overseas, or collect at 484-530-5914, anytime 24/7.



BMC Bryant and YN2 Smith fill out papers at NMCRC Bessemer.



LCDR Mackey re-enlists BM1 Davis at NMCRC Chattanooga.



DELTA DOGS Ready to Go

*By LCDR. R. J. Feith -
NAVELSG Port Group Delta
Public Affairs Officer (PAO)*

Mobilization happened for real this time. After numerous stand-bys and stand-downs, we made it to Norfolk and the Navy Mobilization Processing Site (NMPS). Personnel from Naval Cargo Handling Battalion (NCHB) 12, NCHB-1, Naval Expeditionary Logistics Response Cell, Naval Ordnance Reporting and Handling Battalion, and Sixth Fleet formed Naval Expeditionary Logistics Support Group FORWARD DELTA. While we had a lot to accomplish in the two weeks at NMPS, there was some down time. DELTA personnel used that time to get ready for the upcoming Physical Fitness Assessment. In any regard, the “DELTA DOGS” are ready to get the deployment going.



Working on NKO courses at NCHB-12 Headquarters in Bessemer, AL.

CO's Call continued

newsletter to all families on a regular basis. It will be one small way for us to keep the lines of communication open.

Effective with our mobilization, all sailors' and their families are authorized and eligible for numerous new active duty military benefits. I hope everyone was able to obtain information about these benefits during our Open Houses held at each Reserve Center.

To assist families during our deployment, we established a support structure that consists of several Ombudsman and a Command Advisor. These critical personnel have volunteered to provide support in any way they can. Please don't hesitate to contact them if you are having problems associated with the deployment, or need benefit information. They may not know all the answers immediately, but they will do whatever they can to find a solution. The members are:

NCHB-12 Command Ombudsman

Ms. Diana Lloyd
Phone: (317) 371-6211
E-mail: lilacstone@earthlink.net

NCHB-12 Assistant Command Ombudsman

Ms. Kathryn Thompson-Feith
Phone: (864) 227-9998
E-mail:

thompsonfeith@greenwood.net

NCHB-12 Charlie Company

Ombudsman

Ms. Nancy Smith
Phone: (770) 896-5920
E-mail: nancys@nwgagastro.com

NCHB-12 Delta Company

Ombudsman

Ms. Rena Flatt
Phone: 931-858-7917
E-mail: nenagirl50@yahoo.com

NCHB-12 Command Advisor

(Liaison between Ombudsman and Command)

BMCS Teresa Kaloi

Phone: (256) 200-4669

E-mail: teresa.kaloi@us.army.mil

I will also list my wife's contact information. She is not serving in an official capacity, but she supported me during over 10 years of active duty, and I am sure she will provide assistance and advice in any way possible.

CO's wife

Ms. Lee Perrett

Phone: 615-591-4937

E-mail:

walkinthedog@comast.net

“ To assist families during our deployment, we established a support structure that consists of several OMBUDSMAN and a Command Advisor.

CDR JOHNPERRETT

” Thanks to all of you for your tremendous

support!

As this newsletter was going to print, we received some fantastic news. Three of our senior enlisted personnel were selected for advancement, achieving a significant milestone in their career.

*BMCS David Liles was promoted to Master Chief

*BMC Glenn Bryant was promoted to Senior Chief.

*SKC Larry Frederick was promoted to Senior Chief.

Bravo Zulu! Well done and well deserved!



CDR Perrett out-processing at NMCRC Bessemer.

Reserve Center Processing and Navy Mobilization Processing Site (NMPS) Norfolk, Va.



SK1 Sawyer conducts out-processing at NMCRC Bessemer.



Hurry up and wait!



BM1 Davis and HM1 Hardin patiently wait for tickets.



SK1 Bailey asks SK1 Flatt, "You mean we can't drink beer over there?"



NMCRC Chattanooga CO CDR Marstin addresses Delta Company personnel.



NCHB-12 Delta Company at Chattanooga International Airport.



SKC Aulsbrook and family wait for the plane in Chattanooga.



LCDR Feith and CS1 Pickett filling out forms at NMPS.



BM1 E. Smith having gas mask tested.



YN1 Rorie, SK3 Redd and friends killing time while awaiting the next step at NMPS.



Delta Group personnel inputting travel pay information.



BM1 Gephert and BMC Bryant in the theater at NMPS.



BM1 Gephert in the gas mask test chamber.



Briefings at Thimble Shoals.



BM1 Ryer preparing ISOPREP card.



BU1 Coppola and SW1 Rhodes take a nap in the theater.



CDR Perrett, CWO4 Chessler, LCDR Phillips, and LT Muntean inputting travel information.



Waiting for a computer to input travel claim information.



BM2 Rogers is frustrated by all the paperwork required for processing.



LCDR Bagwell tests the seal on his gas mask.



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